

Dating Rights & Warning Signs

Relationship Violence is...

A pattern of behavior used by someone to maintain control over his or her partner. A violent relationship does not have to be physical. It can be in the form of verbal, physical, emotional, and/or sexual abuse. In an abusive relationship, one is afraid or intimidated by the other. Dating violence can happen to anyone!

Warning Signs of Teen Dating Violence: Does he/she ever...

- Cause you to be afraid?
- Make you afraid to break up?
- Act extremely jealous?
- Call you names, make you feel stupid or tell you that you cannot do anything right?
- Have an explosive temper ("blows up" a lot)?
- Make you feel the relationship got too serious too quickly?
- Pressure you into sexual activity that you are not comfortable doing?
- Threaten to break up with you or accuse you of planning on ending the relationship?
- Say that he/she cannot live without you?
- Blame you for all his/her problems?
- Blame past bad relationships on everything or everybody else instead of accepting any responsibility?
- Threaten to hurt him/herself if you break up?
- Seem jealous or possessive about the time you spend with your family or friends?
- Force you to choose between being with him/her or your family or friends?
- Constantly check up on you and ask where you are or what you are doing?
- Show up at places where you had plans with your family or friends?
- Tell you that no one else will ever go out with you and that you are lucky to have him/her?
- Slap or shove you in a seemingly playful way, but it happens so often that it does not seem right?
- Treat you like property rather than a person of value?
- Cause you to feel as if you no longer have your own life?
- Blow minor disagreements or issues way out of proportion?
- Insult or criticize you, especially in front of others?
- Get aggressive or abusive towards inanimate objects or animals?
- Shower you with gifts and promise it will never happen again?
- Cause you to feel fear, stress, full of anxiety or depressed?
- Call or text you frequently to find out where you are or who you are hanging out with?
- Call you names in an angry/sarcastic or humorous way?
- Shove, hit or push you?
- Become jealous easily?
- Not want you to be with your friends or family?
- Suggest that any free time you have should be spent with him/her?
- Kick, punch or pinch you?
- Tell you what to wear and/or makes fun of your wardrobe choices?
- Tell you he/she loves you and can't be without you?
- Not give you personal space?
- Force you to have sex or any other sexual activity?
- Call your friends to find out your whereabouts and verify if you have been truthful?
- Not allow you to make decisions on what you do when you are together?
- Cut you down/tell you you're too fat or too skinny, not pretty enough, etc.?
- Kiss or touch you when you don't want to?
- Scare you or make you feel uncomfortable?

If you answered yes to any of these questions, here is what you can do to be safe:

- Tell a parent, teacher, counselor or an adult you feel comfortable reaching out to about the abuse
- Try not to be alone/travel in pairs
- Consider changing your route to school or home

Dating Rights & Warning Signs (cont.)

- Be honest with yourself and don't minimize the seriousness of the situation
- Ask to change your locker, lock or class schedule
- Change your cell phone number, e-mail address, MySpace or Facebook pages; Consider changing your passwords and privacy settings
- Meet or break up with your partner in a crowded place
- If you are alone at home, make sure all doors and windows are locked and secure
- Do not get in a car with your partner
- Have emergency numbers on you and carry extra change
- Consider obtaining an order of protection
- Make sure friends and family are aware of your situation
- Make sure someone knows your whereabouts at all times

Call 911! Stay safe!

Teen Dating Bill of Rights

I have the right to:

- Be treated with respect, always
- My own body, thoughts, opinions and property
- Stay in touch with my friends
- Spend time away from my partner
- Change my mind at any time
- Make new friends
- Leave a relationship
- Not be abused, emotionally, physically, verbally or sexually
- Be an equal
- Say NO and/or disagree
- Be happy with myself
- Know who I am
- Know who I am dating
- Be loved
- Be cared about
- High self-esteem
- A healthy dating relationship
- Protect myself
- Be assertive on a date
- Refuse sex or any physical contact
- Get angry when my rights are being violated!
- Make my own choices
- Refuse alcohol or drugs

I pledge to:

Always treat my boyfriend/girlfriend with respect. Never hurt my boyfriend/girlfriend physically, verbally, sexually, or emotionally. Encourage my partner to pursue his/her dreams. Support him/her emotionally. Communicate not manipulate. Accept responsibility for myself and my actions. Encourage my boyfriend/girlfriend to maintain his/her individuality. Respect myself and my partner. Be honest with each other.

For more information on Warning Signs, please visit the following Web sites:

www.loveisrespect.com
www.choosererespect.org
www.breakthecycle.org
www.safeyouth.org
www.rainn.org

www.loveisnotabuse.com
www.asafeplaceforhelp.org
www.seeitandstopit.org
www.zachariascenter.org
www.co.lake.il.us/statesattorney/violence